

Among Friends



Fond du Lac Senior Center ...where friends meet! FEBRUARY 2015

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

SENIOR WELLNESS MORNING



Join us for the

"The Not-So-Newlywed Game"

FRIDAY, FEBRUARY 13



9—10 a.m.

Health Screenings

- Blood Pressure by Heartland
- Blood Sugar (fast required) by Lutheran Homes & Health Services
- Hearing by Avada Audiology & Hearing Care



Health Info Booths

Visit with representatives from the following: Generations Home and Hospice, Aging and Disability Resource Center, All About Life, Above and Beyond Care Solutions, Rehab Arisces, Comfort Keepers, Senior Services, Sterling House, Country Doctor, Harbor Haven, Rescare, Agnesian Healthcare Wound Care and the YMCA Diabetes Prevention program

Door Prizes, Handouts, Refreshments, Lots of Fun!

For planning purposes, call 322-3630 to pre-register.

10—11 a.m. GAME SHOW:

"The Not-So-Newlywed Game"

We had so much fun at last year's game, we decided to do it again! We are recruiting four couples to play the game everyone remembers. If you would like to be a contestant couple, give Jean a call at 322-3636. Join our host Bryan Johnson as we find out how well these couples really know each other. This wellness activity will be a lot of laughs and you don't want to miss out. You must pre-register by calling 322-3630.



This month's Senior Wellness Morning is sponsored by Heartland Hospice

WELCOME TO THE FOND DU LAC SENIOR CENTER



2015

A Free Monthly Publication
Vol. 6 • No. 2

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... senior@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at www.fdlSeniorCenter.com Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Important Newsletter Notice

This is the LAST newsletter you will receive if you have not renewed your FRIENDS membership for 2015. If you need to renew, we have included a tear-out membership form on page 13 of this newsletter. Just fill it out and drop it off at the Senior Center or mail it with your check to us at 151 E. First Street). If you are unsure if you've renewed, give us a call at 322-3630 and we'll check for you.

Thank you for being a Friend!

Congratulations, Larry Michaels!

Larry was the lucky \$100 winner in our 2015 early-bird Friends Membership Drive drawing.



MEMBERSHIP HAS ITS PERKS!

Receive a "Friends Perks" coupon booklet when you renew your 2015 Friends membership. It's filled with deals and discounts from area businesses worth well over the price of your membership. It's just a little way for us to say, "Thanks for being a member!"

YOUR UNDERSTANDING IS APPRECIATED

Your cooperation is appreciated when it comes to needing to juggle rooms due to our tight room schedule while the Tax Aide Program is here in February, March and April. This valuable service requires space including the computer lab. There are so many other activities being held at the Center that we may have to ask groups to change rooms or meeting times. We thank you for your understanding as we try to make room for both our members and this worthwhile community service.



2015 Dine Out Coupon Book



Pick up your 2015 Dine Out Coupon book now! The coupon books are only \$6 and contain 50 coupons from 42 area restaurants. Available in the This 'n That Craft & Gift Shoppe.

A great way to try out a new restaurant or save at an old favorite!

SENIOR CENTER SERVICES

- Free computer/Internet access in the lab & lobby for members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

Newsletter Crew

Editor.....Joan Brezinsky
Contributor.....Jean Holzman
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the March *Among Friends* newsletter is Monday, February 6. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

The Senior Center Director is the guest of Wade Bates on his *After Breakfast Show* every Monday morning.

Listen in for information about upcoming activities and events at the Senior Center.

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*First Three Months

HOLIDAY SPECIAL

HELLO & GOOD-BYE STAFF CHANGES

MEET KATIE FISCHER—Our New Office Assistant

Katie was hired by the Friends of the Fond du Lac Senior Center as our new Office Assistant. She began her new position in December. Her main duties will be overseeing the reception desk, office operations, helping with activities (attendance, donations, copies, etc.), and coordinating the newsletter mailing.

Katie is married and has two sons. She grew up in Waupun and farmed with her husband in the Cambria/Pardeeville area for 20 years before moving to Rosendale for 10 years. They relocated to Fond du Lac a year ago after living in Hudson for a time. In her spare time, Katie enjoys biking, reading, knitting, traveling and snowshoeing.

Please introduce yourself and welcome her to the Senior Center!



A Note From Cecilia Lynch:



"I have really appreciated my time here at the Senior Center. This was my first job back in the workforce after staying home with my kids for the last 10 years and I was a little nervous, but everyone here was so nice and encouraging it didn't take long to fit in and feel comfortable in the job.

I will say the job was not at all what I expected. I assumed because it was a "Senior" Center it would be pretty dull with not much to do but I have been busier here than in a lot of other jobs. The Office Assistant position is so central to everyone, staff and members, that I am always busy with something. I liked the diversity of the job and that you get to interact with everyone who comes in.

As it turns out, my family is not moving after all. My husband decided to accept a different position overseas so the kids and I will continue to live in Fond du Lac. I will be returning to school to finish my nursing degree so, maybe I'll stop in from time to time to say "Hi."

A FAREWELL NOTE FROM DOTTIE...

After a 17 year career with the Fond du Lac Senior Center (I started in 1998 as Program Coordinator and became Director in 2004), I have decided to retire and spend more time with my family—especially my adorable (*if I do say so myself*) 16-month-old granddaughter Emma. Spending nearly 22 years (counting Director at the North Fond du Lac Senior Center) with seniors has been an absolutely awesome experience for me. I hope that I've learned a thing or two about retirement!

I want to thank everyone—co-workers, volunteers, Friends Boards, City staff, City Council, community agencies and organizations, businesses, the seniors who participate, and *especially* my family (including my brothers and sisters-in-law) for all of the support and encouragement over the years. It was those people who helped me own the saying: **"If you find a job you love, you'll never work a day in your life."** My job was a wonderful blessing to me and the Senior Center has been a true passion.

My hope is that the Senior Center will continue on its way serving the seniors and their families *forever*. When I started here, we had about 800 Friends members and we set another record in 2014 with 2,652 Friends members. In the coming years, with baby boomers turning 65 at a rate of 10,000 per day, the need for the Senior Center only increases. It is a vital asset to the community. Now to get down off my soapbox and go and play with little Emma—my *new* passion in life!

Thank you ALL for the great memories! As my late friend, Catherine Whittier Lewis, often said, **"Let's keep in touch!"**



HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING TRIPS

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

NORTH STAR CASINO

Thursday, March 5
8:30 a.m.—6:30 p.m.



Dinner included at Jim and Linda's
\$54

WISCONSIN MARITIME MUSEUM

Wednesday, April 15
8:00 a.m.—5:00 p.m.



In addition to the Maritime Museum in Manitowoc, we will tour the Kohler Design Center, stop at the Honey Pot Gift Shop and eat lunch at the Courthouse Pub.

\$64 lunch included



GURNEE MILLS SHOPPING

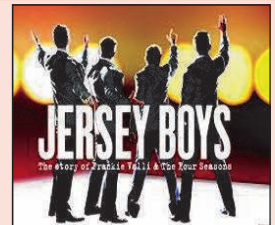
Tuesday, March 10
9:30 a.m.—6:30 p.m.

Shop the more than 200 stores at Illinois' largest outlet mall!

Dinner included at MJ Stevens **\$60**

JERSEY BOYS

Wednesday, May 6
4:30—11:00 p.m.
FOX CITIES PAC, APPLETON



The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960's rock group The Four Seasons.

Dinner included at the Good Company

\$135



Thursday, April 9
7:30 a.m.—5:00 p.m.

Our mystery trips always fill up fast and promise a day of adventure and exciting stops. Sign up today!

Lunch included \$86

WASHINGTON D.C.

April 23—30
(Thursday—Thursday)



This awe inspiring and educational trip includes a tour of the US Capitol! Also see the White House, Washington Monument, Lincoln Monument, Martin Luther King Jr. Memorial, several War Memorials including WWII, Arlington Cemetery, the Smithsonian, Flight 95 Memorial, Gettysburg and more.

\$769* 8 Days—7 Nights

*Double

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

ART CLASSES

Tuesday AM & PM See page 11

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): TBA

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Shepherd Law Office

4th Tuesday (even months): TBA

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

Feb. 16 *The Invention of Wings*

by Sue Monk Kidd

Mar. 16 *The Story Keeper*

by Lisa Wingate

Book synopses available at front desk.

New members welcome.

BRIDGE

\$1 donation

Tuesdays: 12:45 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:45 p.m. Advanced

CANASTA

1st & 3rd Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:30 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Bob Luebke 920-238-7386 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m.

9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, February 5

Boda's

Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, February 21

Rolling Meadows Restaurant

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

ART & RECREATION

ARTIST OF THE MONTH

February: Barbara Oechsner

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10–noon	4	\$16
February 3, 10, 24, March 3; March 10, 17, 24, 31				
Drawing & Watercolor	Tues	1–3 p.m.	4	\$16
February 3, 10, 24, March 3; March 10, 17, 24, 31				
Mixed Media	Tues	3–4:30 p.m.	4	\$16
February 3, 10, 24, March 3; March 10, 17, 24, 31				
Open Sewing Lab	Wed	3:30–6:30 pm	5	\$15
Watch newsletter for next session coming spring of 2015				
Country Line Dancing	Thurs	6–7:30 pm	4	\$10
February 5, 12, 19, 26; March 5, 12, 19, 26				
Beg. Country Line Dancing	Sat	10–11:30 am	3	\$7.50
February 7, 14, 21; March 7, 14, 21				
Singing	Tues	10–11 a.m.	6	\$25
February 3, 10, 17, 24, March 3, 10				



Journaling

4th Thursday of every month
Thursday, February 26
10:00 a.m.

Journaling is a wonderful way to freely express yourself and in the process reduce stress, problem solve, clarify your thoughts and feelings, and get to know yourself better. Please call 322-3630 to register.

SCRAPBOOK CROPS

Saturday, February 28
9 a.m.–9 p.m.

Kim Wagner will be holding an all day scrapbook crop at the Senior Center on Saturday, February 28, from 9 a.m.–9 p.m. All skill levels are welcome.

For more details on the crop or to register, call Kim at 517-1108.



Mark your calendars
for these upcoming crops:

- Saturday, July 18; 9 a.m.–9 p.m.
- Saturday, October 31; 9 a.m.–9 p.m.

STITCHERY GROUP

Do you enjoy knitting, crocheting or other needlework? Would you be interested in joining a stitchery group? We're exploring to see if there is interest in creating a Stitchery Group here at the Senior Center. If you'd like to be part of a group like this, please call the Center at 322-3630.



CARD MAKING CLASS

with Jana Secord

2nd Tuesday of each month

Next class: Tuesday, February 10

3 sessions to choose from:

3:15–4:45 p.m., 5:15–6:45 p.m.,
or 7–8:30 p.m.

Theme: We'll be making cards from the new Occasions catalog and its SALEABRATION time again!



Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 before February 9. Early reservations are appreciated.

HAND AND FOOT CARD GROUP

COME JOIN THE FUN!

The Hand and Foot Card Group started in January of 2012 and has been meeting every Wednesday at the Fond du Lac Senior Center. We play from noon to 4:30, and try to play 3 games each time. We move to different tables and start new games around 1:30 and 3:00 so we get a chance to play with as many different friends as possible each week. Some people can't arrive at noon or can't stay until 4:30, so we adjust how many people are playing at each table between each set of games to accommodate late-comers or people needing to leave early.

Hand and Foot can be played with two or more people, and we usually have tables of 2, 3, and 4 people playing at the same time. Games of 2 or 3 players are playing singles, and tables of 4 are playing partner games. This is a really fun card game and is easy to learn. If you've ever played Canasta, you already know the basics of Hand and Foot.

Our card group welcomes all new players regardless if they have played the game before or not. We will happily teach the game to newcomers! When the Senior Center closes at 4:30, there is usually a group of us going to Schmitt's for half-priced pizza and another game of Hand and Foot. Come join us for some Hand and Foot fun any Wednesday afternoon.



TIME FOR A LITTLE FUN!

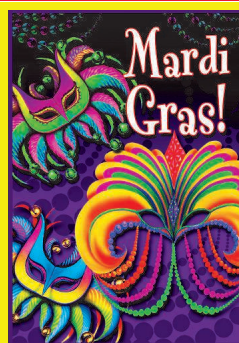


VALENTINE'S WEEK

February 9–13

Put on some pink and red and stop by the Senior Center to guess the number of M&Ms in the jar at the front desk for a chance to win!

Winner will be announced
Friday, February 13



Mardi Gras Party!

Tuesday, February 17
10:30–11:30 a.m.

Join us in celebrating Mardi Gras! Dress up in your purple, green and gold; wear your beads and mask! Enjoy the music of our own SCAMP band, and register for

door prizes. Space is limited, so sign up early! Call 322-3630.

And while you're here, why not stay for lunch! The Senior Dining menu features spaghetti that day. Call 929-3937 for lunch reservation by 1 p.m. Feb. 16.



Join us for a little St. Patrick's Day fun

Tuesday, March 17

Stop in between 12:30–1:00 p.m.

Put on your green and show us your Irish side! Enjoy a green mint ice cream cone in our lobby and register for a great door prize!

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reduce your risk of falling.

CHAIR EXERCISE VIDEO

Wednesdays 9:45 – 10:15 a.m.

Sponsored by **Lutheran Homes and Health Services**

TAI CHI

The next eight week session will begin on March 10 and end on April 28. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.



Are you interested in starting a winter walking program? If yes, ask for Jean or Pat so that we can get you started with our **Walk Live videos**. Available times are Mondays or Thursdays at 3:45 p.m. This is a great way to keep fit during inclement weather.

Walk Your Way to Better Health in 2015

A daily routine of 30 minutes or more of walking can help you control your weight, lower cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road. If you can't walk for 30 minutes at one time, take 5, 10 or 15 minute walks throughout the day. It all adds up to better health.

OTHER EXERCISE

Hikers Tuesday & Thursday, 10 a.m.

Line Dancing....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

Beginning Line Dance...Saturdays; 10—11:30 a.m.; \$7.50/ 3 weeks

Beginning Dance.....Mondays; 7 p.m. \$5/session

Water Exercise Daily 8 a.m. at the Aquatic Center \$3.75 per session

Zumba Gold.....Moved to another location. Call Kirsten at 920-606-9078 for information.

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HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

Friday, February 13; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, February 13; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted. 12-hour fast required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 12; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, Feb 5, 12, 19, 26

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 13; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, February 24; 10 a.m.—4 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 12; from 8:30 — 11 a.m.

2nd Tuesday in May & November

Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, February 26; 6:30—8:00 p.m. (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, February 17; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

Tuesday, February 10; 6:00—7:00 p.m.

St. Agnes Hospital, 430 E. Division Street; 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP

Friday, February 20; 10—11 a.m.

Festival Foods, Conference Room, 1125 E. Johnson Street

PARKINSON'S SUPPORT GROUP

Monday, February 9; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, February 10; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS



Do you Know a Senior who is Homebound, Lonely, Seeking A Friend?

The Senior Outreach Program has trained volunteers waiting to be matched with men and women over 50 years of age. For more information about the program or to make a referral, please call Jean

at 322-3636.

LOOK GOOD...FEEL BETTER

Wednesday, March 11, 10 a.m. to Noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



Ask A Nurse; Thursday, March 5, 10 a.m.

Do you have a question that you have wanted to ask a nurse but haven't had a chance? This is your chance as the Head of the County Health Department, Kim Mueller, RN comes to address issues relating to the health of seniors. If you have a specific question, email it to the Wellness Coordinator at jholzman@fdl.wi.gov and she will get it to Kim.

Heart Tree Dedication Thursday, February 5, 10 a.m.

Mark your calendar so you do not miss the program to dedicate our 2014 Heart Tree. Music will be provided by Meribah Joy and her father, Pastor Timothy Bachleitner. He will share some inspiring thoughts. Those attending will be given the opportunity to share memories and thoughts of their loved ones. Refreshments will be provided. Please call 322-3630 to register. **Special thanks to all those who purchased ornaments making the Heart Tree fundraiser a success.**



SENIOR WELLNESS MORNING

Friday, February 13

9—10 a.m.

Health Screenings:

Hearing, Blood Pressure, Blood Sugar (fast required)

Vendor Booths:

Home care, Hospice, Aging & Disability Resources, Nursing Homes, Senior Services, Therapy, Assisted Living Facilities, Wound Care, Diabetes Prevention, Alternative Healthcare and more.

10—11 a.m.

Watch the "Not-so-Newlywed Game"

You don't want to miss the laughs as these senior couples find out how well they really know each other. Please call 322-3630 to register for this enjoyable event. Refreshments will be provided.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Woodlands, 87 Wisconsin American Drive, Tuesday, February 24, from 2 to 3 p.m.** Each month



volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior. A small gift from the Senior Center is given to each resident we visit.

Senior Outreach Program

Outreach Volunteers meet on **Thursday, February 5**, at 9 a.m. to submit reports, share concerns and encourage each other. At 10 a.m. we will **dedicate the 2014 Heart Tree.** We will meet briefly in the lobby for the dedication and then return to room 2 for music and refreshments. Our music will be provided by 9 year old Meribah Joy who will be accompanied by her father, Timothy Bachleitner who will share some inspirational thoughts.

The Senior Outreach Program is funded in part by:
Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs

MOVIE OF THE MONTH



“Ground Hog Day”

Two showings: Thursday, February 5

Wednesday, February 25

11:45 a.m. Lunch (optional)

February 5 Menu: Hawaiian meatballs, baby red potatoes, summer blend vegetables, birthday cake, plum halves, dinner roll

February 25 Menu: Baked chicken, twice baked style potato, pickled beet salad, tapioca pudding, seedless grapes, sliced bread

12:30 p.m. Movie: “Ground Hog Day”

1993 movie; Comedy/Drama/Fantasy; 1 hr 41 min; PG. Starring: Bill Murray, Andie MacDowell, Chris Elliott

A weather man is reluctantly sent to cover a story about a weather forecasting “rat.” This is his fourth year on the story, and he makes no effort to hide his frustration. On awakening the “following” day he discovers that it’s Groundhog Day again, and again. First he uses this to his advantage, then comes the realization that he is doomed to spend the rest of eternity in the same place, seeing the same people do the same thing EVERY day.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments. *If you register to attend but are unable to come, please call to let us know.*

12 Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
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- Villa Loretto: Medicare & Medicaid Certified

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(920) 753-3211 • Fax (920) 753-3100
Administrator: Sandra Randall

Villa Rosa Assisted Living
N8120 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3015 • Fax (920) 753-2580
Manager: Brenda Gudex, LPN

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Social Service Coordinator

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2015 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.
Value: \$50+ Coupons are good through December 31, 2015
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2015 Member ☐ Renewal Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$_____

☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book

2,652 FRIENDS in 2014 but MORE Friends are needed!

The Friends raise money to help with the operation of the Senior Center. They will do this through Friends memberships, gifts, activity fees, donations, grants, and fundraising projects. **HOWEVER, YOUR HELP IS NEEDED!**

WHO ARE THE FRIENDS?

The Friends of the Fond du Lac Senior Center incorporated as a non-profit organization on December 20, 1989. It is composed of persons of all ages who are interested in the operation of the Fond du Lac Senior Center. Some Friends members may prefer to assist the Senior Center by monetary donation only. Others may participate by helping with fundraisers using a hands-on approach. We certainly need both types of assistance!

WHY INCORPORATE?

Over the beginning years of the Senior Center, the primary source of funding was through the City of Fond du Lac. However, that funding was not able to grow as the Center grew. To enhance that funding, it was necessary to incorporate as a 501(c)(3) non-profit organization to continue to provide and expand Center services and programs.

FRIENDS HISTORY

In 1990 the Friends held a "Charter Membership Year" and offered memberships for \$3 for a single, \$5 for a couple. They stated that: *"Friends will consist of generous people who have a genuine concern for senior citizens and who will contribute money, time, or talents to the Center."* In 2015, our membership rates are just \$10 for a single and \$15 for a couple—but some pay even more as a \$50 Fantastic Friend or \$100 Fabulous Friend—annually. We have more than 2,650 "generous people" who help finance the operation of the Center!

CITY FINANCIAL SUPPORT

Currently, the City provides funding for one full-time staff position: the Director, who manages the operation of the Center and oversees 10 staff members: three 18 hr/wk City staff: Program Coordinator; Marketing/Fund Development Coordinator; and Caretaker; and five Friends-funded part-time staff (see Friends Financial Support below), and a part-time Counselor funded by Lutheran Social Services and part-time Program Assistant, funded by Experience Works. The City budget for the Senior Center also includes utilities – heat, water, electric, telephone, some maintenance and supply expenses, data processing services (computers/printers), and postage for the monthly newsletter.

FRIENDS FINANCIAL SUPPORT

The Friends of the Fond du Lac Senior hold several fundraising projects throughout the year. These include the annual raffle, Dine Out Coupon Book, Kwik Trip gift cards, bake sales, cook-outs, and other small activities.

The single largest income is Friends membership dues. Additional funding also comes from activities; business, private, and personal donations; United Way and DCP grants; and a portion of Happy Travelers trips and Craft Shoppe sales. The fundraising projects are overseen by the Fund Development Coordinator and the Friends Board of Directors, and many, many volunteers (almost 300 volunteers help with the operation of the Senior Center).

Annually, the Friends fund five part-time staff: Outreach and Wellness Coordinator, Happy Travelers Coordinator, Craft Shoppe Coordinator, Bookkeeper, and Office Assistant. Fundraising also helps with programs, annual Volunteer Appreciation Party, publicity, and supplementing the operating expenses of the Center.

In recent years, the Friends had the opportunity to create a contingency savings fund for special projects. The Friends funded the Center's Computer Lab and furniture for the Senior Center renovation over 10 years ago. Along with the donation of pool tables from Mercury Marine, they provided funding for the pool room renovation several years ago. Most recently, the Friends set aside \$75,000 to fund an Improvement Project that included new carpet, furniture, removing all wallpaper and painting, and many new updates. The 3-phase project will conclude in 2015 with updating the Craft Shoppe. These are ways the Friends have stepped up to assist with the Senior Center.

MEMBER SUPPORT

As you can see, the Friends organization is vital to the operation of the Senior Center. And it is vital that the fundraising projects raise the anticipated funds each year. Would you please help with the Friends fundraising efforts—beginning with being a Friend and encouraging others to join? Your support is much appreciated!

You are truly a "Friend of the Fond du Lac Senior Center."

UPCOMING PROGRAMS

BREAKFAST FOR THE BRAIN

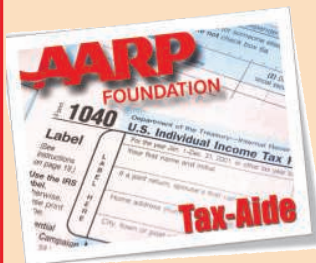
Program may start in April



The Fond du Lac Senior Center is co-sponsoring Breakfast for the Brain. The location, dates and times need to be worked out but you can call 322-3630 now and be put on the list. During the 6 session program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning. The first session is expected to begin in mid-April. Nan Baumgartner will once again be the facilitator. Class size is limited to 16 so be sure to call soon. The cost is \$15 for all six sessions. All recent programs have been filled. CALL NOW TO GET YOUR NAME ON THE LIST.

FREE TAX ASSISTANCE

Call now to schedule an appointment



The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on **Tuesdays, Wednesdays, and Thursdays** from 8:30 a.m. until 4:30 p.m. Appointments will be available from Tuesday, February 3, through Wednesday, April 15. To make an appointment, please call the Senior Center at 322-3630.

The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

JEFF KEMP INVESTMENT WORKSHOP

Mondays: 3:00 – 4:30 p.m.

March 2–April 13

Are you interested in making wiser and more informed decisions with investments?



Jeff is holding this same Investment Workshop at Moraine Park Technical College on Thursday evenings at 6 p.m. He started the class on January 8 and it will continue through **February 19**. The class is in Room O-103 / O-104. MPTC classes are free and no registration is required. If you miss a class at MPTC, make it up at the Senior Center.

The Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator and recipient of the 2013 Governor's Award for Financial Literacy, will conduct an Investment Workshop at the Senior Center. Jeff has been coming to the Fond du Lac Senior Center to teach this workshop for 14 years, adapting it to current financial times. Jeff teaches personal finance classes at UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the

fundamental investment basics needed to make more informed financial decisions.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

Topics include:

- WEEK 1: Investing in the stock market via mutual funds**
- WEEK 2: Investing in the stock market via mutual funds, Pt 2**
- WEEK 3: Bond investing**
- WEEK 4: Understanding what economic forces move markets**
- WEEK 5: Building a sound asset allocation**
- WEEK 6: Taxes and investing; exchange traded funds**
- WEEK 7: Conclusion**

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

Easter Party & Peeps Decorating Party

Monday, March 23 at 12 noon

Fond du Lac Pizza Ranch

We will have a Peeps decorating contest. Use any kind of Peeps marshmallows. Three winners will be picked. Need ideas? Google "International Peeps Exhibition."



NEW PROCEDURE: Red Hat Honey Hostesses will need to check with Cathy Halfmann, Program Coordinator, to confirm activity dates. You can email Cathy at chalfmann@fdl.wi.gov or call her at 322-3633 or stop in. Cathy works only 18 hours a week so she isn't in every day. Every effort is made for Red Hat Honeys activities not to conflict with Happy Travelers trips or other special events held at the Senior Center. Confirming activities prior to detailed planning also assures that two Red Hat activities are not held in the same week (if possible). NEW Hostesses are encouraged to check with Cathy on "HOW TO HOSTESS" so the chapter has a steady flow of fun.

C'mon ladies—let's live it up in 2015!

16

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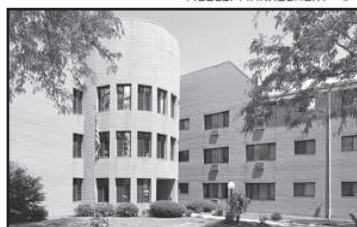
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HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

103-483-30881	M, T, W	Apr 20, 21, 22, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

103-485-30883	M, T, W	Apr 27, 28, 29, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-330884	M, T, W	May 4, 5, 6, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-30922	M, F	Feb 16, 20, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Vogel	\$4.50	\$35.96
103-491-30885	M, T, W	May 11, 12, 13, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

SETTING UP A FACEBOOK PROFILE

103-678-30882	T	Apr 21, 2015	1 day	1:00—5 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

BASIC MICROSOFT EXCEL


103-453-31019	T, W, R	Apr 28, 29, 30, 2015	1 day	1:00 —4:00 p.m.	9 hours	K. Beaman	\$4.50	\$35.96
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions into a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features.

CONNECTING ON FACEBOOK


103-679-30886	R	May 14, 2015	1 day	8:00 a.m. —Noon	4 hours	A. Mielke	\$20.40	\$25.70
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.



Fond du Lac Senior Center
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18



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ANNOUNCEMENTS

Volunteer Corner

In upcoming weeks, our Volunteer Coordinator and committee members will be asking current volunteers and future volunteers to fill out a new volunteer registration form. The form will be available in the March newsletter or at the front desk. It is our hope to create a list of all our fabulous volunteers, their skills, and areas they are interested in helping—and confirm where they currently volunteer.



Volunteer of the month Shirley Wild

For the past 15 years, Shirley has been recording attendance for all of the Senior Center activities. She can be found at the volunteer desk Wednesday and Friday mornings.

We appreciate her good-natured personality and all the work she does for the Senior Center! Thank you, Shirley for all your help!



BAGELS WITH BEN Tuesday, March 3 9:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will give a market

update and discuss investing strategies on Tuesday, March 3 at 9:00 a.m.

Stop by the Senior Center for this informational presentation. Bagels from The Bagelmeister. Free to attend. Call 322-3630 to register.

TRIAD MEETING

Thursday, February 26

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the new TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

Feb. 3 Pizza Ville
Feb. 10 Fat Joe's
Feb. 17 Sunset on the Waters
Feb. 24 Schmitt's Oar House



A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at 920-269-4180.

When I'm 65

Wednesday, March 25

1:30 p.m.

Julie Hilbert, Benefit Specialist,
FDL County Dept. of Senior Services



Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns and questions.

Call the Senior Center at 322-3630 to register.

Lutheran Homes & Health Services

is proud to present



Where: Tarfa Terrace Dining Room
54 W. Arndt Street—1st Floor

When: 3rd Friday of every month—February 20

Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.

Community welcome!



Fond du Lac Senior Center

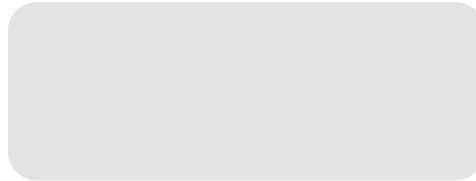
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STAFF

DIRECTOR

To Be Announced in Mid January

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

Jean Holzman 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

Andrea Mitchell 920-225-1709

PROGRAM ASSISTANT

Rose Emmer 322-3630

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Fond du Lac Senior Center
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Senior

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SENIOR CITIZEN ADVISORY COMMITTEE

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Barbara Lukas, Chair

Councilman Gary Miller

Charlotte Nelson

Ross Purcell

Dave Redman

Jaime Roth

John Silah

Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY